



Recovery Board

Treatment works. People recover.

mental notes

THE WAYNE-HOLMES MENTAL HEALTH & RECOVERY BOARD QUARTERLY NEWSLETTER

Fall 2007

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- Pat Gash
- Anne Goon
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- Darcy Pajak**
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- **Board Officers

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- Robert Smedley
Associate Director of Alcohol/Drug Services
- Julia Bogner
Community Relations Specialist
- Rose Love
Business Manager
- Sue Zarlengo
Secretary

VOTE FOR the Mental Health Replacement Levy

On November 6, you will be asked to **VOTE FOR** the Mental Health and Recovery Board's 1.0-mill, 10-year **REPLACEMENT LEVY**.

- ✘ Your **VOTE FOR** is vital to *maintain local services* at current levels and keep pace with inflation. It is a community investment we **MUST** make to keep our community caring and strong.
- ✘ Your **VOTE FOR** will provide *direct services to over 5,000 people* in Wayne and Holmes counties.
- ✘ Your **VOTE FOR** *helps over 12,000 people* of all ages through education and prevention work.
- ✘ Your **VOTE FOR** will provide *one-fourth of the annual budget* in Wayne and Holmes counties.

Please continue to provide help for:

- *Mental Illness*
- *Crisis Situations*
- *Suicide Prevention*
- *Emotional Problems*
- *Domestic Violence*
- *Family Problems*
- *Substance Abuse*
- *Sexual Assault*
- *Troubled Youth*

Continued services include treatment of children and adults with emotional problems, emergency and crisis services, protection for victims of domestic violence, programs for the prevention and treatment of substance abuse and community support for persons with mental illness and their families.

Your Vote can make a Difference on November 6!

www.whmhrb.org

MENTAL HEALTH Matters!

Support the Wayne-Holmes Mental Health & Recovery Board

www.whmhrb.org

Mental Health and Recovery in the News

Study finds half of cancer patients suffer from mental disorders — Half of all people with advanced or terminal cancer suffer from depression, anxiety or adjustment disorders and could use their oncologist's help getting treatment. Physicians treating the cancer can screen for mental disorders, but the most valuable screening tool is simply listening.

October 15 issue of *Cancer*

Keep reminding your child that “not everyone is doing it” —

The 2005 National Survey on Drug Use and Health estimates there are 11 million underage drinkers in the United States. Nearly 7.2 million are considered binge drinkers, meaning they drank more than five drinks on occasion, and more than two million are classified as heavy drinkers. Research shows that young people who start drinking before the age of 15 are five times more likely to have alcohol-related problems later in life. The good news is that about 90% of 12- or 13-year-olds and 66% of 14- or 15-year-olds reported no alcohol use in the past years.

United States Surgeon General

National survey reveals link between illicit drugs and MH disorders —

Among adults who had major depressive episode (MDE), 24.3 percent were dependent on or abused alcohol or illicit drugs. Among adults without MDE only, 8.1 percent were dependent on or abused alcohol or illicit drugs. The research showed that most definitely problems of substance abuse and mental illness are often intertwined. For more information on the 2006 survey, visit www.oas.samhsa.gov.

Mental Health Weekly, 9/17/07

Did YOU Know?

Although 63 percent of Americans believe that homicides vastly outnumber suicides, the opposite is true. Suicides, more than 30,000 each year, outnumber homicides, 18,000 a year, by a ratio of three to two. Most suicides are attributable to untreated depression.

Mental Health America, Summer 2007



HOLIDAY STRESS RELIEF TIPS

- ◆ **Take one thing at a time.** Pick one urgent task and work on it. When that's done, move on to the next.
- ◆ **Be realistic.** If you are overwhelmed at home or at work, learn to say “no.”
- ◆ **Don't try to be superman/superwoman.** No one is perfect, so don't expect perfection from yourself.
- ◆ **Visualize.** Use your imagination to see how you can manage a stressful situation at work or home more effectively.
- ◆ **Meditate.** Five to ten minutes of quiet reflection can bring some relief. If you are having a stressful day at work, close your door and meditate or go for a quick walk to clear your mind.
- ◆ **Exercise.** Thirty minutes of physical activity per day helps both body and mind. If you have an hour lunch break at the office, use half of it for a walk or a jog. Make plans with a co-worker to do this a few times a week.
- ◆ **Hobbies.** Take a break and do something you enjoy.

— Stress Relief, continued on next page

www.whmhrb.org

MONTHLY SUPPORT MEETINGS

Advocates for Mental Health Meeting Schedule

In October, Advocates will continue discussing the booklet, *Action Planning for Prevention and Recovery*. Everyone will receive a FREE copy of the book. Open discussion will be part of the meetings.

Mondays: Advocates Education and Business,
5-6:30 p.m. at the Stanley R. Slater Building

Every Wednesday: Recovery Support Group,
5-6:30 p.m. at the Stanley R. Slater Building

Third Wednesday of each month: Arts for Wellness,
6:30-8 p.m. at the Stanley R. Slater Building

First Wednesday of each month: Advocates Board Meeting
7:00 p.m. at the Stanley R. Slater Building

Call 330-264-1590 to confirm times and places.

NAMI MONTHLY SUPPORT GROUPS

PALS (People Affected by a Loved One's Suicide) —
Held the 1st Monday of each month, 7-9:00 p.m.
at The Counseling Center in Wooster.

AMISH FAMILY SUPPORT AND EDUCATION GROUP —
Held the 2nd Wednesday of each month, 7-9:00 p.m.
at Mt. Hope Elementary School.

NAMI BUSINESS MEETING —
Held the 3rd Monday of each month at 10:30 a.m.
at The Counseling Center in Wooster.

HOLMES COUNTY FAMILY SUPPORT GROUP —
Held the 3rd Monday of each month, 7-8:00 p.m.
at The Counseling Center in Millersburg.

WAYNE COUNTY FAMILY SUPPORTGROUP —
Held the 4th Thursday of each month, 7-9:00 p.m.
at The Counseling Center in Wooster.

If you are interested in attending any of these meetings,
please call 330-262-0088 to confirm the time and date.

Upcoming Events

- ◆ **MHRB board meetings:** 3rd Thursday, 7:00 p.m., at the MHRB office
- ◆ October 18-26, 2007 is the **Red Ribbon Celebration**
- ◆ November 6, 2007 is **Election Day** —
Vote FOR the Mental Health Levy

WHAT ABOUT AUNT MARY?



Dealing with Difficult People

Research shows that supportive relationships are good for our mental and physical health. However, dealing with difficult people and maintaining ongoing negative relationships are actually detrimental to our health. It's a good idea to diminish or eliminate relationships that are filled with conflict. But what do you do if the person in question is a family member, co-worker or someone you otherwise can't easily eliminate from your life? The following are tips for dealing with difficult people who are in your life, for better or for worse.

Here's How:

1. **Avoid discussing divisive and personal issues, like religion and politics, or other issues that tend to cause conflict.** If the other person tries to engage you in a discussion that will probably become an argument, change the subject or leave the room.
2. **In dealing with difficult people, don't try to change the other person; you will only get into a power struggle, cause defensiveness, invite criticism or otherwise make things worse.** It also makes you a more difficult person to deal with.
3. **Change your response to the other person; this is all you have the power to change.** For example, don't feel you need to accept abusive behavior. You can use assertive communication to draw boundaries when the other person chooses to treat you in an unacceptable way.
4. **Remember that most relationship difficulties are due to a dynamic between two people, rather than one person being unilaterally "bad."** Use good conflict skills when dealing with difficult people.
5. **Try to look for the positive aspects of others, especially when dealing with family, and focus on them.** The other person will feel more appreciated, and you will likely enjoy your time together more.
6. **However, don't pretend the other person's negative traits don't exist.** Don't tell your secrets to a gossip, rely on a flake or look for affection from someone who isn't able to give it. This is part of accepting them for who they are.
7. **Get your needs met from others who are able.** Tell your secrets to a trustworthy friend who's a good listener, or process your feelings through journaling, for example. Rely on people who have proven themselves to be trustworthy and supportive.
8. **Know when it's time to distance yourself, and do so.** If the other person can't be around you without antagonizing you, minimizing contact may be the key. If they are continually abusive, it's best to cut ties and let them know why. Explain what needs to happen if there ever is to be a relationship, and let it go.

TIPS

1. Try not to place blame on yourself or the other person for the negative interactions. It may just be a case of your two personalities fitting poorly.
2. Remember that you don't have to be close with everyone; just being polite goes a long way toward getting along and appropriately dealing with difficult people.
3. Keep your sense of humor — difficulties will roll off your back much more easily. Shows like *The Office* and books like David Sedaris's *Naked* can help you see the humor in dealing with difficult people.
4. Be sure to cultivate other, more positive, relationships in your life to offset the negativity of dealing with difficult people.

About.com, Inc., a part of The New York Times Company, 2007

Stress Relief, continued —

- ◆ **Adopt a healthy lifestyle.** Get adequate rest, eat right, exercise, limit your use of caffeine and alcohol, and balance work and play.
- ◆ **Share your feelings.** Don't try to cope alone. Let friends and family provide support and guidance.
- ◆ **Be flexible.** Whether you are at home or work, arguing only increases stress. If you feel you're right, stand your ground, but do so calmly and rationally. Compromise!
- ◆ **Don't be overly critical.** Remember, everyone is unique and has his or her own virtues and shortcomings.

You can ease stress by talking with friends or family. But, if that isn't enough, talk with your doctor, spiritual advisor or employee assistance program. They may suggest that you see a mental health professional to help you manage your stress or suggest other resources. Seeking help is not a sign of weakness; it's a healthy thing to do.

Visit www.whmhrb.org for more information on Mental Health topics and resources.



2345 Gateway Drive, Suite C
Wooster, Ohio 44691

Return Service Requested

Our Mission

The Mental Health & Recovery Board is the local governmental authority responsible for mental health and substance abuse treatment. Its role is to assess, plan, organize, fund and give oversight to community services for mental health treatment and alcohol and drug prevention and treatment.

Need to contact us?

330-264-2527

1-800-400-6518

330-674-5772

Fax: 330-264-7879



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Provider Network

CATHOLIC CHARITIES SERVICES OF WAYNE COUNTY*

521 Beall Avenue, Wooster, Ohio
330-262-7836



OUTREACH COMMUNITY LIVING SERVICES

337 West North Street, Wooster, Ohio
330-263-0862



CHRISTIAN CHILDREN'S HOME OF OHIO*

2685 Armstrong Road, Wooster, Ohio
330-345-7949
Toll Free: 1-800-643-9073



STEPS AT LIBERTY CENTER

Gault Liberty Center
Wooster: 330-264-8498
Toll Free: 1-877-275-9277
Orrville: 330-683-2601



THE COUNSELING CENTER OF WAYNE AND HOLMES COUNTIES

2285 Benden Drive, Wooster, Ohio
Wooster: 330-264-9029
Toll Free: 1-877-264-9029
Millersburg: 330-674-6697
Orrville: 330-683-5106
Rittman: 330-925-5466



THE VILLAGE NETWORK*

P.O. Box 518, 2803 Akron Road, Smithville, Ohio
Wooster: 330-264-3232
Toll Free: 1-800-638-3232



EVERY WOMAN'S HOUSE

Gault Liberty Center
104 Spink Street, Wooster, Ohio
Wooster: 330-263-6021
Millersburg: 330-674-1020
Hotline: 330-263-1020 or 1-800-686-1122



YOUR HUMAN RESOURCE CENTER OF WAYNE AND HOLMES COUNTIES

2587 Back Orrville Road, Wooster, Ohio
Wooster: 330-264-9597
Toll Free: 1-800-721-YHRC
Millersburg: 330-674-4608
Rittman: 330-927-2244
Orrville: 330-682-4800



These agencies are part of the Mental Health & Recovery Board's network and receive public funds. They provide designated services to residents of Wayne and Holmes counties, regardless of the client's ability to pay.

*Some benefit restrictions may apply.

Dial ICE for Safety

The American College of Emergency Physicians wants you to add a listing to your cell phone directory: ICE. It stands for "In Case of Emergency" and will tell doctors, police, firefighters who to contact if you are injured or ill and unable to speak. This campaign, which was started in England after the terrorist bombings in 2005, will help doctors give patients the best possible treatment quickly. So grab your cell phone and go to **ABCDEFGHI-C-E**.